

DRUG NUTRIENT INTERACTIONS

(357)

PARTICIPANT TYPE.....ALL
HIGH RISK.....No

RISK DESCRIPTION:

Use of prescription or over-the-counter drugs or medications that have been shown to interfere with nutrient intake or utilization to an extent that nutritional status is compromised.

ASK ABOUT:

- Prescribed and over-the-counter drugs or medications
- Dietary supplements including vitamins, minerals, herbal products and targeted nutrition therapy products
- Chronic medical condition

NUTRITION COUNSELING/EDUCATION TOPICS:

- Identify WIC foods that are good sources of the nutrients negatively affected by the medication or drug.
- Discuss strategies for coping with nutrition-related side effects such as altered taste sensation, gastric irritation, appetite suppression, and altered gastrointestinal motility.
- Some drugs alter nutrient metabolism and function in specific ways such as enzyme inhibition, vitamin antagonism, and increased urinary loss.

Note: For information about specific drugs, refer to a current drug reference (e.g., Physician's Desk Reference (PDR), Food-Medication Interactions Handbook by Pronsky, Herb-Drug Interaction Handbook by Herr), drug inserts, credible Web sites (see current risk code manual for a list of websites), or speak with a pharmacist.

POSSIBLE REFERRALS:

- If the participant requires in-depth nutritional intervention beyond the scope of WIC services, refer to primary care provider or a clinical dietitian with expertise in this area of practice.
- If the participant does not have an ongoing source of health care, refer to primary care providers in the community or the local public health department.